

EASY ONE DISH SPINACH & RICE



Serves 4

Ingredients

1 cup brown rice
2-3 cups fresh baby spinach
2 medium tomatoes diced
1 medium onion diced
2-3 cloves garlic minced
1 cup Black or Pinto Beans drained and rinsed
2 cups low-sodium vegetable stock
1 1/2 tsp curry powder
1 tsp avocado or olive oil
salt and pepper, to taste

Method

Heat oil in a large skillet on medium heat and add garlic and onion. Saute until onion is translucent. Add diced tomatoes and cook until softened, ~3-4 minutes.

Add spinach, beans, and rice and cook for a few minutes. Then, add vegetable stock and bring mixture to a boil.

Season with curry powder, salt, and pepper.

Turn heat down to a simmer, cover, and cook for ~18-20 minutes or until rice is tender.

Once cooked, turn off heat and let cool before serving. Enjoy!

Nutritional Info per serve

Calories: 210

Fat: 2 g

Carbohydrates: 46 g

Protein: 10 g



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Recipe by HSN